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# RISK FACTORS OF CORONARY HEART DISEASE (CHEST PAIN) IN ABOVE 15 YEARS OLD PEOPLE IN INDONESIA

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**Risk Factors of Coronary Heart Disease (Chest Pain) in above 15 Years Old People in Indonesia**

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Coronary Heart Disease (CHD) become a major cause of mortality in Indonesia. It is divided into Infark Miokard Acute and chest pain. The aim of this study was to find out risk factors of coronary heart disease at Indonesian people by analyzing the environment and behavior factors and also traditional risk factors of CHD with chest pain. This study used basic health research (Rikesdas) 2007. Subjects were 15 years old (n=209.740) from all provinces in Indonesia. Univariate test was used for data analyzing to see the variable overall, chi square test to asses the influence and risk factor between environment, behavior and traditional factors with CHD and multivariate logistic regression was used at the end. The study showed several CHD risk factors from environment and behavior; there were weighty job (OR=1,21, 95% CI=1,171-1,258), emotion disturbance (OR=5,34, 95% CI=5,131-5,549), and high consumption of salty food (OR=1,070, 95% CI=1,011-1,133) and bowels (OR=1,28, 95% CI=1,030-1,578) also low consumption of fruits and vegetables (OR=1,53, 95% CI=1,252-1,868). The traditional risk factors were central obesity (OR 1,15 CI(95%)=1,084-1,208; p=0,000) and hypertention (OR 1,46 CI(95%) = 1,394-1,521; p=0,000). We conclude risk factors of CHD at Indonesian people are rough occupation, emotion disturbance, high consumption of salty food and bowels, low consumption of fruits and vegetables, central obesity and hypertention. It is recommended that socialization of stress management, increasing of fruits and vegetable consumption, and physical activity were needed.